



Potomac Valley Track Club
Good and Wood Memorial
One Hour Race Walk and 5,000m Run
Potomac Valley Association Championship



Sunday, October 2, 2022
 1 Hour 9:00 am/5,000m run 10:30 am
 Will follow USATF COVID-19 Guidelines

- **Entry Fee:** \$5 PVTC members \$10 non-members
- **Join us!** Join Potomac Valley Track Club and save \$5 on our races
- **Race-day:** Yes, there will be race-day registration, event will be conducted by USATF rules
- **Location:** Alexandria City High School, 3330 King Street, Alexandria, VA
- **Awards:** Awards in Top 3 5-year age groups (men and women)
- **Contact:** Becky Klein, boopwalk@yahoo.com, 831-588-0858

Send form and check to
PVTC, 38 Lawhorn Rd, Stafford, VA 22554
 No later than Saturday, October 1 or bring this form with you on race
PVTC ENTRY FORM



Name _____ Age on race day ___ M/F ___
 Address _____ Birthdate _____
 City, State, ZIP _____ Phone _____
 E-mail _____
 USATF # _____

Event Enclosed is **One Hour Walk** **Free entry to National One Hour Postal**
 5000m Run
 \$5 (PVTC members) \$10 (non-members)
 Here is an additional donation of \$ _____ to PVTC. Total enclosed: \$ _____
 I will help as a volunteer. Please call me.

I know walking or running in a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relevant to my ability to safely complete this event. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity, and conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, including, City of Alexandria HS, Potomac Valley Track Club, and USATF, their officers, directors, agents, and employees, and all officials of this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I agree to release my name and photo for publicity purposes. I agree that my entry fee is non-fundable. I understand that my name and address may be provided to the sponsors of this event. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18) _____ Date _____